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Front of package marking
within the CENTICAL method:

Nutrition Facts

Total Calories 1600

Serving Size 160 calories (about 21 pieces)

Servings Per Container about 10

Amount Per Serving

Weight 1oz (28g) Calories from Fat 90

% Daily Value*

Total Fat 10g 16%

Saturated Fat 1.5g 8%

Trans Fats 0g.

Cholesterol 0mg 0%

Sodium 290mg 12%

Total Carbohydrate 15g 5%

Dietary Fiber less than 1g 1%

Sugars 1g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

Vitamin E 6% • Thiamin 4%

Riboflavin 4% • Niacin 4%

Phosphorus 2%

* Percent Daily values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your
calorie needs:

	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Fiber		25g	30g

Calories per gram

Fat 9 • Carbohydrate 4 • Protein 4

1600 Calories

Fig. 1

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Nutrition Facts

Total Calories 1600

Serving Size 100 calories (about 13 pieces)

Servings Per Container about 16

Amount Per 100 Calories Serving**Weight 0.62oz (17g)**

Calories from Fat 56

% Daily Value***Total Fat 6g****10%****Saturated Fat 0.9g****5%****Trans Fats 0g.****Cholesterol 0mg****0%****Sodium 181mg****7%****Total Carbohydrate 9g****3%****Dietary Fiber less than 1g****1%****Sugars 1g****Protein 1g****Vitamin A 0%****• Vitamin C 0%****Calcium 0%****• Iron 3%****Vitamin E 4%****• Thiamin 3%****Riboflavin 3%****• Niacin 3%****Phosphorus 1%**

* Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Fiber		25g	30g

Calories per gram

Fat 9 • Carbohydrate 4 • Protein 4

Front of package marking
within the CENTICAL method:**1600 Calories**

Fig. 2

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N u t r i t i o n F a c t s

Total Calories 1600

About 210 pieces

Amount Per Container**Weight 10oz (280g)** **Calories from Fat 900****% Daily Value*****Total Fat 100g** **160%****Saturated Fat 15g** **80%****Trans Fats 0g.****Cholesterol 0mg** **0%****Sodium 2900mg** **120%****Total Carbohydrate 150g** **50%****Dietary Fiber less than 10g** **10%****Sugars 10g****Protein 20g****Vitamin A 0%** • **Vitamin C 0%****Calcium 0%** • **Iron 40%****Vitamin E 60%** • **Thiamin 40%****Riboflavin 40%** • **Niacin 40%****Phosphorus 20%**

* Percent Daily values are based on 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Fiber		25g	30g
Calories per gram			
Fat 9	•	Carbohydrate 4	• Protein 4

Front of package marking
within the CENTICAL method:

1600 Calories

Fig. 3

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Nutrition Facts

Total CENTICALs 16

Serving Size 1 CENTICAL (about 13 pieces)

Servings Per Container about 16

Amount Per 1 CENTICAL**Weight 0.62oz (17g)** CENTICALs from Fat 0.56**% Daily Value*****Total Fat 6g** 10%

Saturated Fat 0.9g 5%

Trans Fats 0g.

Cholesterol 0mg 0%**Sodium 181mg** 7%**Total Carbohydrate 9g** 3%

Dietary Fiber less than 1g 1%

Sugars 1g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 3%

Vitamin E 4% • Thiamin 3%

Riboflavin 3% • Niacin 3%

Phosphorus 1%

* Percent Daily values are based on a 20 CENTICAL diet.
Your daily values may be higher or lower depending on your
calorie needs:

	CENTICALs:	20	25
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Fiber		25g	30g

Calories per gram

Fat 9 • Carbohydrate 4 • Protein 4

Front of package marking
within the CENTICAL method:**16 CENTICALS****Fig. 4**

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N u t r i t i o n F a c t s

Total CENTICALs 16

About 210 pieces

Amount Per Container**Weight 10oz (280g)** **CENTICALs from fat 9****% Daily Value*****Total Fat 100g** **160%****Saturated Fat 15g** **80%****Trans Fats 0g.****Cholestrol 0mg** **0%****Sodium 2900mg** **120%****Total Carbohydrate 150g** **50%****Dietary Fiber less than 10g** **10%****Sugars 10g****Protein 20g****Vitamin A 0%** • **Vitamin C 0%****Calcium 0%** • **Iron 40%****Vitamin E 60%** • **Thiamin 40%****Riboflavin 40%** • **Niacin 40%****Phosphorus 20%**

* Percent Daily values are based on 20 CENTICAL diet. Your daily values may be higher or lower depending on your centical needs:

		CENTICALs: 20	25
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Fiber		25g	30g

Calories per gram**Fat 9 • Carbohydrate 4 • Protein 4**Front of package marking
within the CENTICAL method:**16 CENTICALS**

Fig. 5

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N u t r i t i o n F a c t s

Total Calories 1600

Serving Size 160 calories (about 21 pieces)

Calories from fat/serving 90

Servings Per Container about 10

Calories from fat/100cals 56

	Per Serving	Per 100 Calories		
Weight	1oz (28g)	0.62oz (17g)		
Price	\$0.36	\$0.22		
% Daily Value*				
Amount			Per Serving	Per 100 Calories
Total Fat	10g	6g	16%	10%
Saturated Fat	1.5g	0.9g	8%	5%
Trans Fats	0g	0g		
Cholestrol	0mg	0mg	0%	0%
Sodium	290mg	181mg	12%	7%
Total Carbs	15g	9g	5%	3%
Dietary Fiber	less than 1g	less than 1g	1%	1%
Sugars	1g	0.6g		
Protein	2g	1g		
Vitamin A			0%	0%
Calcium			0%	0%
Vitamin E			6%	4%
Riboflavin			4%	3%
Phosphorus			2%	1%
Vitamin C			0%	0%
Iron			4%	3%
Thiamin			4%	3%
Niacin			4%	3%

* Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholest	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carb		300g	375g
Fiber		25g	30g

Calories per gram

Fat 9

• Carbohydrate 4 •

Protein 4

Fig. 6

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N u t r i t i o n F a c t s

Total CENTICALs 1600

Serving Size 1.5 CENTICALs (about 21 pieces)

CENTICALs from Fat/serving: 0.9

Servings Per Container about 10

CENTICALs from Fat/CENTICAL: 0.56

	Per Serving	Per CENTICAL		
Weight	1oz (28g)	0.62oz (17g)		
Price	\$0.36	\$0.22		
% Daily Value*				
Amount			Per Serving	Per CENTICAL
Total Fat	10g	6g	16%	10%
Saturated Fat	1.5g	0.9g	8%	5%
Trans Fats	0g	0g		
Cholestrol	0mg	0mg	0%	0%
Sodium	290mg	181mg	12%	7%
Total Carbs	15g	9g	5%	3%
Dietary Fiber	less than 1g	less than 1g	1%	1%
Sugars	1g	0.6g		
Protein	2g	1g		
Vitamin A			0%	0%
Calcium			0%	0%
Vitamin E			6%	4%
Riboflavin			4%	3%
Phosphorus			2%	1%
Vitamin C			0%	0%
Iron			4%	3%
Thiamin			4%	3%
Niacin			4%	3%

* Percent Daily values are based on a 20-CENTICAL diet. Your daily values may be higher or lower depending on your calorie needs:

	CENTICALs	20	25
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholest	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carb		300g	375g
Fiber		25g	30g

Calories per gram

Fat 9 • Carbohydrate 4 •

Protein 4

Fig. 7

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N u t r i t i o n F a c t s					
Total Calories 1600					
Serving Size 160 calories (about 21 pieces)					
Servings Per Container about 10					
Amount	Per Serving	Per 100 Calories	Per Serving	Per 100 Calories	
Weight	1oz (28g)	0.62oz (17g)			
Price	\$0.36	\$0.22			
% Daily Value*					
Total Fat	10g	6g	16%	10%	
Saturated Fat	1.5g	0.9g	8%	5%	
Trans Fats	0g	0g			
Cholestrol	0mg	0mg	0%	0%	
Sodium	290mg	181mg	12%	7%	
Total Carbs	15g	9g	5%	3%	
Dietary Fiber	less than 1g	less than 1g	1%	1%	
Sugars	1g	0.6g			
Protein	2g	1g			
Vitamin A	0%	0%	Vitamin C	0%	0%
Calcium	0%	0%	Iron	4%	3%
Vitamin E	6%	4%	Thiamin	4%	3%
Riboflavin	4%	3%	Niacin	4%	3%
Phosphorus	2%	1%			
* Percent Daily values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:					
	Calories:	2,000	2,500		
Total Fat	Less Than	65g	80g		
Sat Fat	Less Than	20g	25g		
Cholest	Less Than	300mg	300mg		
Sodium	Less Than	2,400mg	2,400mg		
Total Carb		300g	375g		
Fiber		25g	30g		
Calories from Fat/Carbohydrate/Protein per 100Calories					
Fat 54	• Carbohydrate 36 •			Protein 4	
Calories from Fat/Carbohydrate/Protein per serving					
Fat 90	• Carbohydrate 60 •			Protein 8	

Fig. 8

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N u t r i t i o n F a c t s					
Total CENTICALs 16					
Serving Size 1.6 CENTICALs (about 21 pieces)					
Servings Per Container about 10					
Amount	Per Serving	Per CENTICAL	Per Serving	Per CENTICAL	
Weight	1oz (28g)	0.62oz (17g)			
Price	\$0.36	\$0.22			
% Daily Value*					
Total Fat	10g	6g	16%	10%	
Saturated Fat	1.5g	0.9g	8%	5%	
Trans Fats	0g	0g			
Cholestrol	0mg	0mg	0%	0%	
Sodium	290mg	181mg	12%	7%	
Total Carbs	15g	9g	5%	3%	
Dietary Fiber	less than 1g	less than 1g	1%	1%	
Sugars	1g	0.6g			
Protein	2g	1g			
Vitamin A	0%	0%	Vitamin C	0%	0%
Calcium	0%	0%	Iron	4%	3%
Vitamin E	6%	4%	Thiamin	4%	3%
Riboflavin	4%	3%	Niacin	4%	3%
Phosphorus	2%	1%			
* Percent Daily values are based on a 20 CENTICAL diet. Your daily values may be higher or lower depending on your calorie needs:					
CENTICALS:		20	25		
Total Fat	Less Than	65g	80g		
Sat Fat	Less Than	20g	25g		
Cholest	Less Than	300mg	300mg		
Sodium	Less Than	2,400mg	2,400mg		
Total Carb		300g	375g		
Fiber		25g	30g		
Calories from Fat/Carbohydrate/Protein per CENTICAL					
Fat 54	• Carbohydrate 36 •		Protein 4		
Calories from Fat/Carbohydrate/Protein per serving					
Fat 90	• Carbohydrate 60 •		Protein 8		

Fig. 9

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N u t r i t i o n F a c t s					
Total CENTICALs 16					
Serving Size 1.6 CENTICALs (about 21 pieces)					
Servings Per Container about 10					
Amount	Per Serving	Per CENTICAL	Per Serving	Per CENTICAL	
Weight	1oz (28g)	0.62oz (17g)			
Price	\$0.36	\$0.22			
% Daily Value*					
Total Fat	10g	6g	16%	10%	
Saturated Fat	1.5g	0.9g	8%	5%	
Trans Fats	0g	0g			
Cholestrol	0mg	0mg	0%	0%	
Sodium	290mg	181mg	12%	7%	
Total Carbs	15g	9g	5%	3%	
Dietary Fiber	less than 1g	less than 1g	1%	1%	
Sugars	1g	0.6g			
Protein	2g	1g			
Vitamin A	0%	0%	Vitamin C	0%	0%
Calcium	0%	0%	Iron	4%	3%
Vitamin E	6%	4%	Thiamin	4%	3%
Riboflavin	4%	3%	Niacin	4%	3%
Phosphorus	2%	1%			
* Percent Daily values are based on a 20 CENTICAL diet. Your daily values may be higher or lower depending on your calorie needs:					
	CENTICALS:	20	25		
Total Fat	Less Than	65g	80g		
Sat Fat	Less Than	20g	25g		
Cholest	Less Than	300mg	300mg		
Sodium	Less Than	2,400mg	2,400mg		
Total Carb		300g	375g		
Fiber		25g	30g		
CENTICALs from Fat/Carbohydrate/Protein per CENTICAL					
Fat 0.54	• Carbohydrate 0.36 •		Protein 0.04		
CENTICALs from Fat/Carbohydrate/Protein per serving					
Fat 0.9	• Carbohydrate 0.6 •		Protein 0.08		

Fig. 10

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Weight	152 g
Price/100g	\$2
Total Price	\$3

Fig. 11a

Weight/100 calories	57.25 g
Total calories	262
Total Price	\$3

Fig. 11b

Calories/100g	174
Total calories (rounded)	270
Total Price	\$3

Fig. 11c

Price/100 calories	\$0.76
Total calories	262
Total Price	\$3

Fig. 11d

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Price/100 calories	\$0.76
Total calories (rounded)	270
Total Price	\$3

Fig. 12a

Price/CENTICAL	\$0.76
Total CENTICALs (rounded)	2.70
Total Price	\$3

Fig. 12b

Calories/\$1	87.33
Total calories	262
Total Price	\$3

Fig. 12c

Calories/\$1	87.33
Total calories (rounded)	270
Total Price	\$3

Fig. 12d

Fig. 13a

SMOKED SALMON					
DEC.7.04	JAN.7.05	150	57	262	\$3
PACKED ON	SELL BY	NET WT.GR	GR/100 CALORIES	TOTAL CALORIES	TOTAL PRICE
MANUFACTURER'S NAME					
MANUFACTURER'S ADDRESS					

Fig. 13b

SMOKED SALMON					
DEC.7.04	JAN.7.05	150	57	270	\$3
PACKED ON	SELL BY	NET WT.GR	GR/100 CALORIES	TOTAL CALORIES	TOTAL PRICE
MANUFACTURER'S NAME					
MANUFACTURER'S ADDRESS					

Fig. 13c

SMOKED SALMON					
DEC.7.04	JAN.7.05	150	57	2.62	\$3
PACKED ON	SELL BY	NET WT.GR	GR/CENTICAL	TOTAL CENTICALS	TOTAL PRICE
MANUFACTURER'S NAME					
MANUFACTURER'S ADDRESS					

Fig. 13d

SMOKED SALMON						
DEC.7.04	JAN.7.05	150	2	174	262	
PACKED ON	SELL BY	NET WT.GR	\$/100 GR	CALORIES/100GR		
					TOTAL CALORIES	TOTAL PRICE
MANUFACTURER'S NAME						
MANUFACTURER'S ADDRESS						

Fig. 13e

SMOKED SALMON					
DEC.7.04	JAN.7.05	150	0.76	57.25	262
PACKED ON	SELL BY	NET WT. GR	\$ / 100 CALORIES	GR / 100 CALORIES	TOTAL CALORIES
					TOTAL PRICE
					\$ 3
MANUFACTURER'S NAME					
MANUFACTURER'S ADDRESS					

Fig. 13f

SMOKED SALMON						
DEC. 7.04	JAN. 7.05	150	0.76	57.25	2.62	TOTAL CENTICALS
PACKED ON	SELL BY	NET WT. GR	\$/CENTICAL	GR/CENTICAL		
					TOTAL PRICE	
MANUFACTURER'S NAME						
MANUFACTURER'S ADDRESS						

SMOKED SALMON						
DEC.7.04	JAN.7.05	143	0.76	57.25	250	\$1.9
PACKED ON	SELL BY	NET WT.GR	\$/100 CALORIES	GR/100 CALORIES	TOTAL CALORIES	TOTAL PRICE
MANUFACTURER'S NAME						
MANUFACTURER'S ADDRESS						

Fig. 14a

SMOKED SALMON						
DEC.7.04	JAN.7.05	143	0.76	57.25	2.5	\$1.9
PACKED ON	SELL BY	NET WT.GR	\$/CENTICAL	GR/CENTICAL	TOTAL CENTICALS	TOTAL PRICE
MANUFACTURER'S NAME						
MANUFACTURER'S ADDRESS						

Fig. 14b


SMOKED SALMON								
DEC.7.04	JAN.7.05	143	0.76	57.25	250	\$1.9		
PACKED ON	SELL BY	NET WT.GR	\$/100 CALORIES	GR/100 CALORIES	TOTAL CALORIES	TOTAL PRICE		
MANUFACTURER'S NAME								
MANUFACTURER'S ADDRESS								

Fig. 14c


SMOKED SALMON									
									
DEC.7.04	JAN.7.05	143	0.76	57.25	2.5	\$1.9			
PACKED ON	SELL BY	NET WT.GR	\$/CENTICAL	GR/CENTICAL	TOTAL CENTICALS	TOTAL PRICE			
MANUFACTURER'S NAME									
MANUFACTURER'S ADDRESS									

Fig. 14d

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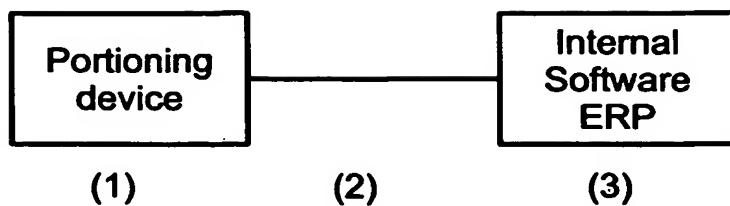


Fig. 15a

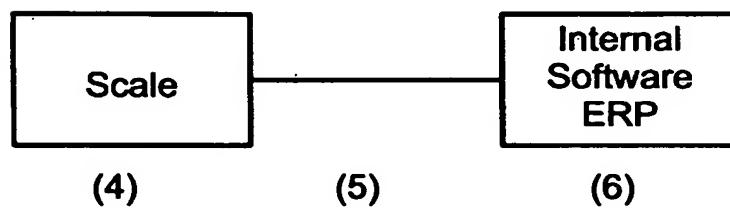


Fig. 15b

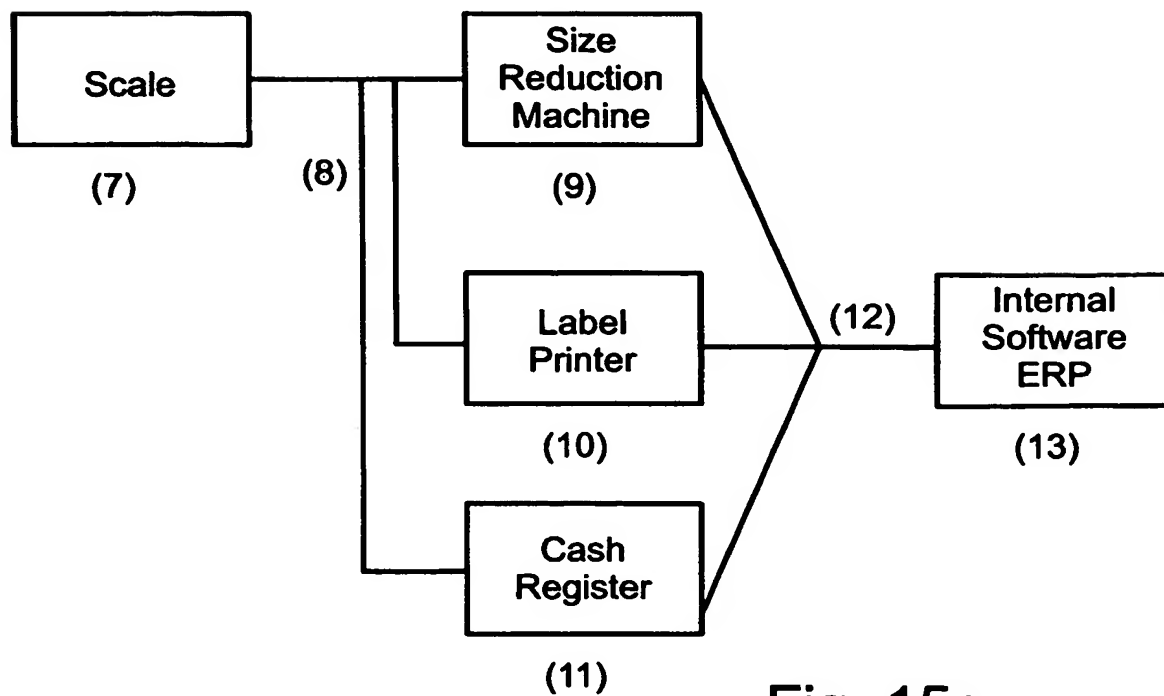


Fig. 15c